

2023



UK Awareness Days for HR professionals



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The Ultimate List for HR Professionals

A Word from Jo

We get it, life is busy. Going through a year's worth of events, awareness days/weeks/months can take a while. So, to avoid missing out on showing your people that you care, and taking part in (at least a few of) the many celebrations that will be happening in 2023, we've got you covered.

And, just because it's us, we've thrown a few cheeky ones into the mix as well. Hint: see if you can spot our Chief Dog Officer Dylan's very own addition.

Jo Taylor

Managing Director
Let's Talk Talent



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About Let's Talk Talent



We help get, keep and grow great people.

Let's Talk Talent is a talent management and organisational development consultancy based in London. Our purpose is to make your business simply irresistible to your people by unlocking their full potential, as well as ensuring your organisation thrives on every level.

We do this by applying a consumer lens to everything we do, which helps us understand your business strategy, and your employees' wants and needs. We then approach any challenge with a creative, pragmatic set of skills and tools. In short, we get shit done.

The services we offer

Whatever your organisational needs, we can help you create world-class experiences for your people. Have a look at our comprehensive range of services:



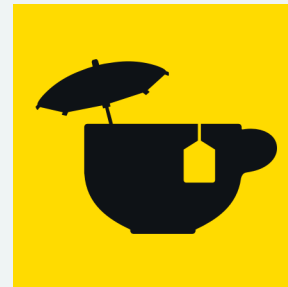
Don't know where to start?

Head to our website letstalktalent.co.uk and book a meeting. We'd be happy to discuss your needs.

JANUARY

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Dry January

ENTIRE MONTH

The UK's one-month alcohol-free challenge.

Hashtags: [#DryJanuary](#)

[Visit Site](#)

+ Add event to your calendar:



Veganuary

ENTIRE MONTH

The UK's 'go Vegan' 31-day challenge.

Hashtags: [#Veganuary](#)

[Visit Site](#)

+ Add event to your calendar:



Festival of Sleep Day

A day dedicated to rest and relaxation after the busy and indulgent festive season.

Hashtags: [#FestivalOfSleepDay](#)

+ Add event to your calendar:



World Braille Day

A day to raise awareness of Braille, the reading system for blind and partially sighted people.

Hashtags: [#BrailleDay](#) [#WorldBrailleDay](#)

[Visit Site](#)

+ Add event to your calendar:



International Parity at Work Day

A day to celebrate diverse workplaces by campaigning for equitable pay for everyone, regardless of race, gender or sexual orientation.

Hashtags: [#ParityAtWorkDay](#) [#InternationalParityAtWorkDay](#)

+ Add event to your calendar:



Big Energy Saving Week

Big Energy Saving Week helps people save money on their energy bills through education and understanding. A partnership between Citizens Advice and the Money Saving Trust.

Hashtags: [#EnergyKnowHow](#)

[Visit Site](#)

+ Add event to your calendar:



JANUARY

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16

Blue Monday

Unofficially crowned the saddest day of the year due to the cold weather, the darkness, and delayed Christmas bills coming in before pay day.

Hashtags: [#BlueMonday](#)

+ Add event to your calendar:



27

Parent Mental Health Day

Parent Mental Health Day encourages understanding and awareness of the importance of parents' mental health and its impact on the whole family system.

Hashtags: [#PMHD](#)

+ Add event to your calendar:



16

Brew Monday

Brew Monday is Blue Monday's more positive twin. Samaritans reminds everyone to reach out for a cuppa and a catch-up with the people you care about.

Hashtags: [#BrewMonday](#)

[Visit Site](#)

+ Add event to your calendar:



27

Holocaust Memorial Day

A time to remember the millions of people who died during the Holocaust under Nazi Persecution and in the genocides that followed in Cambodia, Rwanda, Bosnia, and Darfur.

Hashtags: [#HolocaustMemorialDay](#)

[Visit Site](#)

+ Add event to your calendar:



FEBRUARY

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UK LGBT+ History Month

ENTIRE MONTH

Annual month-long observance of LGBT+ history, and the history of the gay rights and related civil rights movements.

Hashtags: [#LGBTplusHM](#) [#educateOUTprejudice](#)

[Visit Site](#)

+ Add event to your calendar:



World Hijab Day

World Hijab Day is in recognition of millions of Muslim women who choose to wear the hijab and live a life of modesty.

Hashtags: [#WorldHijabDay](#)

[Visit Site](#)

+ Add event to your calendar:



Time to Talk Day

A day for friends, families, communities, and workplaces to come together to talk about mental health, listen and help change lives.

Hashtags: [#TimeToTalk](#)

[Visit Site](#)

+ Add event to your calendar:



World Cancer Day

An international awareness day led by the Union for International Cancer Control (UICC) to raise worldwide attention and inspire action for a cancer-free future.

Hashtags: [#CloseTheCareGap](#) [#WorldCancerDay](#)

[Visit Site](#)

+ Add event to your calendar:



National Sickie Day

The first Monday of every February is statistically the day when most workers are likely to call in sick.

Hashtags: [#NationalSickieDay](#)

+ Add event to your calendar:



Race Equality Week

An annual UK-wide movement uniting thousands of organisations and individuals to address the barriers to race equality in the workplace.

Hashtags: [#ItsEveryonesBusiness](#) [#RaceEqualityWeek](#) [#ActionDrivesChange](#)

[Visit Site](#)

+ Add event to your calendar:



FEBRUARY

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06-12

Sexual Abuse & Sexual Violence Awareness Week

The UK's national week to raise awareness of sexual abuse and violence, and to provide an opportunity for any organisation or individual to engage in dialogue.

Hashtags: [#ItsnotOK](#)

+ Add event to your calendar:



[Visit Site](#)

06-12

National Apprenticeship Week

An annual week-long celebration of apprenticeships.

Hashtags: [#NationalApprenticeshipWeek](#) [#NAW2023](#)

+ Add event to your calendar:



[Visit Site](#)

17

Random Acts of Kindness Day

A day to celebrate and encourage random acts of kindness.

Hashtags: [#RandomActsOfKindnessWeek](#) [#MakeKindnessTheNorm](#) [#RAKtivist](#)

+ Add event to your calendar:



[Visit Site](#)

24

Emotional Health Day

A day for everyone to think about their own emotional health and how they can support and develop it in others, whether in their family, in school or in their workplace.

Hashtags: [#EmotionalHealthDay](#)

+ Add event to your calendar:



[Visit Site](#)

MARCH

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03

National Employee Appreciation Day

For employers to give thanks or recognition to their employees.

Hashtags: [#EmployeeAppreciationDay](#)

+ Add event to your calendar:



13-19

Neurodiversity Celebration Week

Neurodiversity Celebration Week is a worldwide initiative that challenges stereotypes and misconceptions about neurological differences.

Hashtags: [#NeurodiversityCelebrationWeek](#) [#NCW](#)

[Visit Site](#)

+ Add event to your calendar:



06-11

National Careers Week

A celebration of career guidance and free resources in education across the UK.

Hashtags: [#NationalCareersWeek](#) [#NCW2023](#)

[Visit Site](#)

+ Add event to your calendar:



13-19

Sign Language Week

Celebrated each year to coincide with the anniversary of the recognition of British Sign Language (BSL) by the UK Government in 2003. Sign Language Week is an initiative of the British Deaf Association (BDA).

Hashtags: [#SLWeek2023](#) [#SignLanguageWeek](#)

[Visit Site](#)

+ Add event to your calendar:



08

International Women's Day

A day to celebrate women's achievement, raise awareness against bias and take action for equality.

Hashtags: [#BreakTheBias](#) [#IWD2023](#) [#InternationalWomensDay](#)

[Visit Site](#)

+ Add event to your calendar:



17

Red Nose Day

Red Nose Day is an annual fundraising campaign to end the cycle of child poverty and ensure a healthy future for all children.

Hashtags: [#RedNoseDay](#)

[Visit Site](#)

+ Add event to your calendar:



MARCH

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20

International Day of Happiness

Since 2013, the United Nations has celebrated the International Day of Happiness as a way to recognise the importance of happiness in the lives of people around the world.

Hashtags: [#HappinessDay](#) [#InternationalDayofHappiness](#)

[Visit Site](#)

+ Add event to your calendar:



20-26

Debt Awareness Week

An annual campaign that aims to put problem debt and free advice on the agenda.

Hashtags: [#DebtAwarenessWeek](#)

[Visit Site](#)

+ Add event to your calendar:



APRIL

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Stress Awareness Month

ENTIRE MONTH

Stress Awareness Month has been held every April since 1992 to increase public awareness about both the causes of and cures for the modern stress epidemic.

Hashtags: [#StressAwarenessMonth](#) [#wellbeing](#) [#stress](#)

[Visit Site](#)

+ Add event to your calendar:



02

World Autism Awareness Day

Highlights the need to help improve the quality of life of those with autism, so they can lead full and meaningful lives as an integral part of society.

Hashtags: [#WorldAutismAwarenessDay](#) [#StandUp4HumanRights](#)

[Visit Site](#)

+ Add event to your calendar:



07

World Health Day

It is celebrated annually and each year draws attention to a specific health topic of concern to people all over the world.

Hashtags: [#WorldHealthDay](#)

[Visit Site](#)

+ Add event to your calendar:



22

Earth Day

Earth Day is an annual event to demonstrate support for environmental protection.

Hashtags: [#EarthDay2023](#) [#EarthDay](#) [#InvestInOurPlanet](#)

[Visit Site](#)

+ Add event to your calendar:



28

World Day for Safety and Health at Work

Promotes the prevention of occupational accidents and diseases globally.

Hashtags: [#SafeDay](#)

[Visit Site](#)

+ Add event to your calendar:



MAY

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National Walking Month

ENTIRE MONTH

Helps promote walking as a form of exercise that is good for your health.

Hashtags: [#NationalWalkingMonth](#) [#WalkThisMay](#)

[Visit Site](#)

+ Add event to your calendar:



01-07

Time for a Cuppa

Event to raise vital funds to help families facing dementia.

Hashtags: [#TimeForaCuppa](#)

[Visit Site](#)

+ Add event to your calendar:



01-07

Deaf Awareness Week

A week to celebrate deafness and promotion inclusion.

Hashtags: [#DeafAwarenessWeek](#) [#DAW2023](#)

[Visit Site](#)

+ Add event to your calendar:



01

International Workers Day / Labour Day

A celebration of labourers and the working classes that is promoted by the international labour movement.

Hashtags: [#WorldLaughterDay](#)

+ Add event to your calendar:



07

World Laughter Day

The celebration of World Laughter Day is a positive manifestation for world peace and is intended to build up a global consciousness of brotherhood and friendship through laughter.

Hashtags: [#WorldLaughterDay](#)

[Visit Site](#)

+ Add event to your calendar:



08-14

Mental Health Awareness Week

Mental Health Awareness Week is an annual event where there is an opportunity for the whole of the UK to focus on achieving good mental health.

Hashtags: [#MentalHealthAwarenessWeek](#)

[Visit Site](#)

+ Add event to your calendar:



MAY

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15-21

Learning At Work Week

Learning at Work Week (LAW Week) is a unique annual event to build learning cultures at work. It aims to put a spotlight on the importance and benefits of continual learning and development.

Hashtags: [#LearningAtWorkWeek](#) [#LearningUncovered](#) [#LAWW2023](#)

[Visit Site](#)

+ Add event to your calendar:



22-26

Water Saving Week

An annual week created by Waterwise to raise awareness of the issues around water use.

Hashtags: [#WaterSavingWeek](#)

[Visit Site](#)

+ Add event to your calendar:



17

International Day Against Homophobia, Transphobia and Biphobia

Aims to coordinate international events that raise awareness of LGBTQIA+ rights violations and stimulate interest in LGBTQ+ rights work worldwide.

Hashtags: [#IDAHOBIT2023](#) [#IDAHOBIT](#)

[Visit Site](#)

+ Add event to your calendar:



22-28

National Conversation Week

All about the simple, pleasurable and rewarding art of simply talking to each other. This one is mostly US-based, but we like it, so it made the shortlist!

Hashtags: [#NatConvWeek](#) [#NoSillyQuestions](#)

[Visit Site](#)

+ Add event to your calendar:



20

International Human Resources Day

Designed to pay tribute to those working in HR departments everywhere.

Hashtags: [#InternationalHRday](#)

[Visit Site](#)

+ Add event to your calendar:



31

UN Cultural Diversity Day

Highlighting not only the richness of the world's cultures, but also the essential role of intercultural dialogue for achieving peace and sustainable development.

Hashtags: [#CulturalDiversityDay](#) [#WDCDDD](#)

[Visit Site](#)

+ Add event to your calendar:



JUNE

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Pride Month

ENTIRE MONTH

A month dedicated to celebrating LGBTQ+ communities all around the world.

Hashtags: [#pride](#) [#PrideInLondon](#) [#AllOurPride](#)

[Visit Site](#)

+ Add event to your calendar:



01-07

Volunteers Week

Volunteers' Week is an annual celebration of the contribution millions of people make across the UK through volunteering.

Hashtags: [#VolunteersWeek](#)

[Visit Site](#)

+ Add event to your calendar:



02

National Fish and Chip Day

Every year on the first Friday in June, residents of the United Kingdom celebrate one of the country's most famous combinations of foods: fish & chips!

Hashtags: [#NationalFishandChipDay](#)

[Visit Site](#)

+ Add event to your calendar:



10

Global Wellness Day

Global Wellness Day is a day dedicated to living well. The purpose of Global Wellness Day is to ask the question, even if for just one day, "How can I live a healthier and better life?".

Hashtags: [#GlobalWellnessDay](#) [#GWS2023](#)

[Visit Site](#)

+ Add event to your calendar:



12-18

International Men's Health Week

The purpose of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

Hashtags: [#GlobalWellnessDay](#) [#GWS2023](#)

[Visit Site](#)

+ Add event to your calendar:



19-25

Learning Disability Week

Aims to educate, spread awareness, and increase understanding of learning disabilities.

Hashtags: [#LearningDisabilityWeek](#)

[Visit Site](#)

+ Add event to your calendar:



JULY

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Plastic Free July

ENTIRE MONTH

Plastic Free July is an annual global movement that encourages people to reduce their plastic consumption for the whole month.

Hashtags: [#PlasticFreeJuly](#) [#ChooseToRefuse](#)

[Visit Site](#)

+ Add event to your calendar:



02

Thank You Day

A day to celebrate all the things that keep us connected in our communities, saying 'thank you' to each other – making a brew, sharing a cake, lighting up the BBQ, and getting everyone together.

Hashtags: [#ThankYouDay](#)

[Visit Site](#)

+ Add event to your calendar:



03-09

Alcohol Awareness Week

Highlights solutions to help address the harms related to alcohol and other drug use.

Hashtags: [#AlcoholAwarenessWeek](#)

[Visit Site](#)

+ Add event to your calendar:



07

World Chocolate Day

An annual celebration of chocolate! Need we say more?

Hashtags: [#WorldChocolateDay](#)

+ Add event to your calendar:



24

International Self-Care Day

Self-Care Day marks the end of Self-Care Month. This symbolic day was chosen because self-care can be practised "24 hours a day/7 days a week".

Hashtags: [#SelfCareDay](#) [#InternationalSelfCareDay](#)

[Visit Site](#)

+ Add event to your calendar:



30

International Day of Friendship

The International Day of Friendship was proclaimed by the UN General Assembly with the idea that friendship between peoples, countries, cultures and individuals can inspire peace efforts and build bridges between communities.

Hashtags: [#InternationalDayofFriendship](#)

[Visit Site](#)

+ Add event to your calendar:



AUGUST

2023 UK
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[Visit Site](#)

International Happiness Happens Month ENTIRE MONTH

Dedicated to celebrating things that make you happy.

Hashtags: [#HappinessHappensMonth](#)

+ Add event to your calendar:



03

[Visit Site](#)

Cycle to Work Day

Encouraging workers all around the country to get on their bikes and get into work the best way possible – on two wheels!

Hashtags: [#WorldPhotographyDay](#)

+ Add event to your calendar:



19

[Visit Site](#)

World Photography Day

World Photography Day is an annual, worldwide celebration of the art, craft, science and history of photography.

Hashtags: [#WorldPhotographyDay](#)

+ Add event to your calendar:



26

International Dog Day

Celebrating dogs of all breeds! This one was a special request from the Let's Talk Talent Chief Dog Officer, Dylan. Happy Dog Day, Dylan!

Hashtags: [#InternationalDogDay](#)

+ Add event to your calendar:



31

National Burger Day

A day to celebrate one of the most loved foods in the UK!

Hashtags: [#InternationalBurgerDay](#)

+ Add event to your calendar:



SEPTEMBER

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Sleeptember

ENTIRE MONTH

This campaign looks at how you can achieve better sleep and what benefits a good night's sleep can bring.

Hashtags: [#Sleeptember](#)

[Visit Site](#)

+ Add event to your calendar:



Organic September

ENTIRE MONTH

This campaign aims to raise awareness of organic products and the brands, producers and farmers who bring them to us in the UK.

Hashtags: [#OrganicSeptember](#)

[Visit Site](#)

+ Add event to your calendar:



World Alzheimer's Month

ENTIRE MONTH

World Alzheimer's Month is a global opportunity to raise awareness around, educate, encourage support of, and demystify dementia.

Hashtags: [#WorldAlzheimersMonth](#)

[Visit Site](#)

+ Add event to your calendar:



National Doodle Day

National Doodle Day, when famous faces from the worlds of art, sport and entertainment create one-off doodles to support people with epilepsy.

Hashtags: [#NationalDoodleDay](#)

[Visit Site](#)

+ Add event to your calendar:



EveryWoman Day

EveryWoman Day is a project created to raise awareness and share experiences about women's health, so that other women can benefit.

Hashtags: [#EveryWomanDay](#)

[Visit Site](#)

+ Add event to your calendar:



International Day of Charity

The International Day of Charity was established with the objective of sensitising and mobilising people, NGOs, and stakeholders all around the world to help others through volunteer and philanthropic activities.

Hashtags: [#CharityDay](#)

[Visit Site](#)

+ Add event to your calendar:



SEPTEMBER

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10

World Suicide Prevention Day

World Suicide Prevention Day is an awareness day observed on September 10th every year, in order to provide worldwide commitment and action to prevent suicides.

Hashtags: [#WorldSuicidePreventionDay](#)

[Visit Site](#)

+ Add event to your calendar:



18

International Equal Pay Day

A day to raise awareness about equal pay. This recognition is an intentional focus on the disparities of the pay between women and men for work of equal value, where the work requires equal or more skill, effort, responsibility and working conditions. Their goal is to end pay gap discrimination.

Hashtags: [#InternationalEqualPayDay](#) [#EqualPay](#)

[Visit Site](#)

+ Add event to your calendar:



11-15

National Pension Awareness Week

A campaign determined to encourage everyone to engage with their pension and to understand the benefits of financial wellbeing more widely.

Hashtags: [#PensionAwarenessWeek](#) [#PAW23](#)

[Visit Site](#)

+ Add event to your calendar:



18-24

Recycle Week

It's the one week of the year when retailers, brands, waste management companies, trade associations, governments, and the media come together to achieve one goal: to galvanise the public into recycling more of the right things, more often.

Hashtags: [#RecycleWeek](#)

[Visit Site](#)

+ Add event to your calendar:



16

World Cleanup Day

World Cleanup Day unites millions of volunteers, governments and organisations in 191 countries to tackle the global waste problem and build up the new and sustainable world.

Hashtags: [#WorldCleanupDay](#) [#LetsDoltWorld](#)

[Visit Site](#)

+ Add event to your calendar:



20-25

International Week of Happiness at Work

Raises awareness of several actions to help improve employee happiness at work.

Hashtags: [#InternationalWeekofHappinessatWork](#)

[Visit Site](#)

+ Add event to your calendar:



SEPTEMBER

2023 UK
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TALENT

21

International Day of Peace

A day devoted to strengthening the ideals of peace, through observing 24 hours of non-violence and cease-fire.

Hashtags: [#InternationalDayofPeace](#)

[Visit Site](#)

+ Add event to your calendar:



22

Car Free Day

A day when car drivers are being encouraged to find alternative ways of travelling, without using their car.

Hashtags: [#CarFreeDay](#)

[Visit Site](#)

+ Add event to your calendar:



25

World Dream Day

On this day, people around the world declare, share, celebrate, and activate their dreams.

Hashtags: [#WorldDreamDay](#)

[Visit Site](#)

+ Add event to your calendar:



26

Human Resource Professional Day

Human Resource Professional Day is celebrated every September 26 and is designed to pay tribute to those working in HR departments everywhere.

Hashtags: [#HRProfessionalDay](#)

+ Add event to your calendar:



25-01

National Inclusion Week

National Inclusion Week (NIW) is a week dedicated to celebrating inclusion and taking action to create inclusive workplaces.

Hashtags: [#NationalInclusionWeek](#) [#NIW2023](#)

[Visit Site](#)

+ Add event to your calendar:



OCTOBER

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Black History Month

ENTIRE MONTH

An annual observance that began as a way of remembering important people and events in the history of the African diaspora.

Hashtags: [#BlackHistoryMonthUK](#) [#BHMUK](#) [#UKBlackHistory](#)
[#BlackHistoryMonth](#)

[Visit Site](#)

+ Add event to your calendar:



Stoptober

ENTIRE MONTH

Stoptober is a major annual event to encourage smokers to quit for 28 days in October, with the aim of stopping smoking permanently.

Hashtags: [#Stoptober](#)

[Visit Site](#)

+ Add event to your calendar:



Go Sober for October

ENTIRE MONTH

Sober October encourages people to go alcohol-free in October to raise money for Macmillan Cancer Support.

Hashtags: [#GoSober](#)

[Visit Site](#)

+ Add event to your calendar:



Menopause Awareness Month

ENTIRE MONTH

Putting the spotlight on the support available for those going through the menopause or experiencing menopausal symptoms.

Hashtags: [#MenopauseAwarenessMonth](#) [#OwnYourMenopause](#)

+ Add event to your calendar:



Breast Cancer Awareness Month

ENTIRE MONTH

To increase awareness of the disease and to raise funds for research into its cause, prevention, diagnosis, treatment and cure..

Hashtags: [#BreastCancerAwarenessMonth](#)

[Visit Site](#)

+ Add event to your calendar:



Dyslexia Awareness Week

Annual event to raise awareness of dyslexia.

Hashtags: [#DyslexiaAwarenessWeek](#) [#DAW2023](#)

[Visit Site](#)

+ Add event to your calendar:



OCTOBER

2023 UK
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20-25

World Smile Day

A day to make someone else smile and brighten up their day.

Hashtags: [#WorldSmileDay](#)

[Visit Site](#)

+ Add event to your calendar:



09-15

National Curry Week

Celebrating the UK's love affair with curry!.

Hashtags: [#NationalCurryWeek](#)

[Visit Site](#)

+ Add event to your calendar:



09-15

Baby Loss Awareness Week

A special opportunity to mark the lives of babies lost in pregnancy, or at or soon after birth.

Hashtags: [#BLAW](#) [#BLAW2023](#)

[Visit Site](#)

+ Add event to your calendar:



09-15

Dyspraxia Awareness Week

The week explores dyspraxic people's experience of physical activity and the effect it has on their physical and mental health..

Hashtags: [#DyspraxiaWeek23](#)

[Visit Site](#)

+ Add event to your calendar:



09-15

National Work Life Week

An annual campaign to get both employers and employees talking about wellbeing at work and work-life balance..

Hashtags: [#WorkLifeWeek](#)

[Visit Site](#)

+ Add event to your calendar:



10

World Mental Health Day

The overall objective of World Mental Health Day is to raise awareness of mental health issues around the world and to mobilise efforts in support of mental health.

Hashtags: [#WorldMentalHealthDay](#)

[Visit Site](#)

+ Add event to your calendar:



OCTOBER

2023 UK Awareness Days for HR professionals

16

World Food Day

Promotes worldwide awareness and action for those who suffer from hunger and for the need to ensure healthy diets for all, leaving no-one behind.

Hashtags: [#WorldFoodDay](#)

[Visit Site](#)

+ Add event to your calendar:



16

Boss's Day

US-based day, but we like this one! Boss's day is a day for employees to thank their bosses for being kind and fair throughout the year.

Hashtags: [#BossDay](#)

[Visit Site](#)

+ Add event to your calendar:



18

World Menopause Day

The purpose of the day is to raise awareness of the menopause and the support options available for improving health and wellbeing.

Hashtags: [#WorldMenopauseDay](#) [#OwnYourMenopause](#)

+ Add event to your calendar:



20

World Osteoporosis Day

A day intended to encourage people around the world to check for bone density and bone health status regularly (especially people above 50) and adopt a healthy lifestyle to strengthen bone health.

Hashtags: [#WorldOsteoporosisDay](#)

[Visit Site](#)

+ Add event to your calendar:



NOVEMBER

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Movember

ENTIRE MONTH

An annual event involving the growing of moustaches during the month of November to raise awareness of men's health issues, such as prostate cancer, testicular cancer, and men's suicide.

Hashtags: [#Movember](#)

[Visit Site](#)

+ Add event to your calendar:



World Vegan Month

ENTIRE MONTH

This month, plant-based eaters from across the globe come together to celebrate their 100% cruelty-free lifestyle.

Hashtags: [#WorldVeganMonth](#)

[Visit Site](#)

+ Add event to your calendar:



World Vegan Day

World Vegan Day is an annual event celebrated by vegans around the world on November 1st.

Hashtags: [#WorldVeganDay](#)

[Visit Site](#)

+ Add event to your calendar:



National Stress Awareness Day

Highlighting the ways that stress can affect people and what you can do to manage your stress before it becomes a problem.

Hashtags: [#StressAwarenessDay](#)

[Visit Site](#)

+ Add event to your calendar:



Talk Money Week (MAPS)

The week is an opportunity for everyone to get involved with events and activities across the UK which help people have more open conversations about their money – from pocket money to pensions – and continue these conversations year-round.

Hashtags: [#TalkMoneyWeek](#)

[Visit Site](#)

+ Add event to your calendar:



Remembrance Day

Remembrance Day is a memorial day observed to honour armed forces members who have died in the line of duty.

Hashtags: [#PoppyAppeal](#) [#Remembrance](#) [#RemembranceDay](#)

[Visit Site](#)

+ Add event to your calendar:



NOVEMBER

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13

Kindness Day UK

A celebration of kindness, which aims to increase the value of kindness in society as well as increase the number of kind acts that take place.

Hashtags: [#WorldKindnessDay](#) [#BeKind](#)

[Visit Site](#)

+ Add event to your calendar:



13-17

Anti-Bullying Week

Aims to raise awareness of bullying of children and young people.

Hashtags: [#AntiBullyingWeek](#)

[Visit Site](#)

+ Add event to your calendar:



17

World Prematurity Day

Raises awareness of pre-term birth and the concerns of pre-term babies and their families worldwide.

Hashtags: [#WorldPrematurityDay](#)

[Visit Site](#)

+ Add event to your calendar:



19

International Men's Day

The day that Richard Herring redirects hundreds of sexist trolls on Twitter to, every International Women's day! Also a celebration of all the great men in our lives.

Hashtags: [#InternationalMensDay](#)

+ Add event to your calendar:



28

Giving Tuesday

Giving Tuesday is a day of global giving. A day when everyone everywhere can do something to support the good causes that mean so much to us all.

Hashtags: [#GivingTuesday](#)

[Visit Site](#)

+ Add event to your calendar:



DECEMBER

2023 UK
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LET'S
TALK
TALENT



Decembeard

ENTIRE MONTH

An annual event involving the growing of beards during the month of December to support everyone with bowel cancer!

Hashtags: [#Decembeard](#)

[Visit Site](#)

+ Add event to your calendar:



Small Business Saturday

A grassroots, non-commercial campaign, which highlights small business success and encourages consumers to 'shop local' and support small businesses in their communities.

Hashtags: [#SmallBizSatUK](#)

[Visit Site](#)

+ Add event to your calendar:



International Day of Persons with Disabilities

Promotes an understanding of disability issues and mobilises support for the dignity, rights and wellbeing of persons with disabilities.

Hashtags: [#IDPwD](#)

[Visit Site](#)

+ Add event to your calendar:



National Grief Awareness Week

To raise awareness of the myriad ways in which individuals cope with loss.

Hashtags: [#NationalGriefAwarenessWeek](#)

[Visit Site](#)

+ Add event to your calendar:



Christmas Jumper Day

Save the Children's annual event, which raises money for children in the UK and across the world. Every December, millions of people across the United Kingdom (and beyond!) put on a festive outfit at their workplace, school, or with friends and make a donation to help give children the magical future they deserve.

Hashtags: [#ChristmasJumperDay](#)

[Visit Site](#)

+ Add event to your calendar:



Human Rights Day

On Human Rights Day, observed every year on December 10th, we acknowledge the importance of human rights.

Hashtags: [#HumanRightsDay](#)

[Visit Site](#)

+ Add event to your calendar:



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National Workplace Remembrance Day

A time to remember everyone who lost their lives at work, whatever their job, whatever their level, whatever their industry – they served and sacrificed in our economy.

Hashtags: *#NationalWorkplaceDayOfRemembrance*

[Visit Site](#)

+ Add event to your calendar:





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